KNOW THYSELF

To ~~dont~~ not speak of others or move agile - indicating a fear response ... SLOW, BREATHE, Heart in heart.

GRANT ? BACK written late night 7/26, planned as gift to Jacob (& kids) & paralleling internal convo w/ my own father & parallel JOSEPH to Jacob/Israel convo.

Disobedience as a result of not receiving enough of the required attention / Time. (humans developed for millions of years w/ their families & now institutions steal them & their Spirits away)

To first heal the self then to heal the family to heal the community & the world.

But to first confront, and come to terms w/ family disagreements in order to unravel your own inherent / inherited 'Father trends' and Sub/conscious Bias.

(So don't have kids if you don't have time, or I guess; Family isn't what you value @ this time. How to make Family the top priority (it already was when you were born, but depending on your upbringing, and parental preferences beyond your control - you may have abandondered Priority #1 FAMILY.

(& mother) ((but typically father))

Dad = Protector, provider, Life teacher / best = friend.

Due to obvious natural connections w/ mom (womb, breast, clean, [illegible]

Shadows, annoying, family sprints, and you argue in vague